

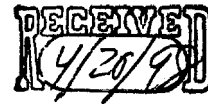
Self care, inc.

200 Prospect Street
Waltham, Massachusetts 02154

Telephone 781-647-3900
Facsimile 781-647-3939



632 98 APR 28 P4 312



April 14, 1998

Office of Special Nutritional (HFS-450)
Center for Food Safety and Applied Nutrition
Food and Drug Administration
200 C Street, SW
Washington, DC 20204

Dear Sir or Madam:

This notification is being made, as required by Section 403 (r)(6)(c) of the Food, Drug and Cosmetic Act, that **Selfcare, Inc.** intends to market dietary supplements products **with the** following labeling statements of nutritional support:

AllBee B-Complex Vitamins:

B-Complex Vitamins: Aid in converting food into energy. Help cells function normally.

Vitamin C: Promotes cell growth and repairs **while** serving as an antioxidant.

AllBee B-Complex Vitamin with 800 mg Vitamin C:

B-Complex Vitamins: Aid in converting food into energy. Help cells **function** normally,

Vitamin C: Promotes cell growth and repair.

Vitamin E: Serves as an antioxidant.

AHBee B-Complex Vitamin with 800 mg Vitamin C plus Iron:

B-Complex Vitamins: Aid in converting food into energy. Help cells function normally.

Vitamin C: Promotes cell growth and repair.

58542.
LET1547

Vitamin E: Serves as an antioxidant.

Iron: Helps red blood cells transport oxygen to other cells.

Z-Bee:

B-Complex Vitamins: Aid in converting food into energy. Help cells **function** normally.

Vitamin C: Promotes cell growth and repair, while providing protection from free radicals.

Vitamin E: Serves as an antioxidant, which protects cells from damage caused by free radicals.

Zinc: Assists immune system and overall recuperation.

If you have any questions regarding this information please feel free to contact me at (781) 647-3900 x144.

Sincerely,

A handwritten signature in black ink, appearing to read 'Betty Lane', with a long horizontal flourish extending to the right.

Betty Lane
Director of Quality and Regulatory Affairs
Selfcare, Inc.